

Module 17 Lesson Plan

Preventing Aggressive Driving



Content

Essential Knowledge and Skills 36

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 - ♦ Who are Aggressive Drivers?
 - ♦ Risky Driving Habits that can Cause Aggression by Others
 - ♦ Three Types of Aggressive Drivers
- ANXIETIES LEADING TO DANGEROUS DRIVING BEHAVIORS
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 - ♦ How can Anger be Managed?
 - ♦ Take the Anger Test
- STRATEGIES TO REDUCE CONFLICTS
 - ♦ Reduced Risk Habits to Prevent others from becoming Aggressive
 - ♦ Reduce Stress
 - ♦ Adjust Attitude
- ASSIGNMENT
- ASSESSMENT

M17—Preventing Aggressive Driving



Lesson Objective: The student describes aggressive behaviors and how driver errors lead to aggressive driving behaviors that can escalate to road rage; evaluates individual anxieties that can lead to aggressive driving; recognizes strategies drivers can adopt to reduce conflict; and describes how to apply anger management techniques to prevent aggressive driving that can lead to road rage.

| Instructional Topic | Content | Slide |
|---|---|-------|
| INTRODUCTION | Introduce, model, practice and discuss | T17-1 |
| | <p>"Aggressive driving" is defined as an incident in which an angry or impatient motorist or passenger intentionally injures or kills another motorist, passenger, or pedestrian, or attempts to injure or kill another motorist, passenger, or pedestrian, in response to a traffic dispute, altercation, or grievance</p> | T17-2 |
| | <p>"Road Rage" is a term that is believed to have originated in the United States</p> <ul style="list-style-type: none"> • In its broadest sense it can refer to any display of aggression by a driver <ul style="list-style-type: none"> ... Road rage incidents can be distinguished from other traffic incidents by the ... more extreme acts of aggression, such as a physical assault, that occur as ... a direct result of a disagreement between drivers <p>ACTIVITY</p> <p>Individually, or in work groups, have students make a list of driver behaviors they believe are aggressive driving behaviors</p> | T17-3 |
| AGGRESSIVE DRIVING BEHAVIORS LEADING TO ROAD RAGE | <p>High-risk drivers climb into the anonymity of an automobile and take out their frustrations on anybody at any time</p> <ul style="list-style-type: none"> • Their frustration levels are high, and level of concern for fellow motorists is low • They run stop signs and red lights, speed, tailgate, weave in and out of traffic, pass on the right, make improper and unsafe lane changes, make hand and facial gestures, scream, honk, and flash their lights • They drive at high speeds which causes them to follow too closely, change lanes frequently and abruptly without notice (signals), pass on the shoulder or unpaved portions of the roadway, and leer at and/or threaten—verbally or through gestures—motorists who are thoughtless enough to be in front of them | T17-4 |
| ◆ True Stories | <p>True Stories</p> <p>In Seattle, Washington, Terrance Milton Hall, age 57, shot and killed Steven Burgess, a 21-year-old college student, because Burgess was unable to disarm the loud anti-theft alarm on his jeep</p> | |

Student Learning Activities

Resources



Montana Driver Education and Training

Strategies for Aggressive Driving

M17 Aggressive - 1
April 2006

What is Aggressive Driving?

- Angry, impatient motorist or passenger
- Intentionally injures or kills another motorist, passenger or pedestrian
- Aggressive because of a traffic dispute, altercation, or grievance

M17 Aggressive - 2
April 2006

What is Road Rage?

- Display of aggression by a driver
- The more extreme acts of aggression, such as physical assault, that occurs as a direct result of a disagreement between drivers

M17 Aggressive - 3
April 2006

The High-Risk Drivers: Frustration High, Concern Low



Climb into the anonymity of an automobile and take out their frustrations on anybody at any time

- Run stop signs and red lights
- Speed
- Tailgate
- Weave in and out of traffic
- Pass on the right
- Make improper and unsafe lane changes
- Make hand and facial gestures
- Scream
- Honk
- Flash their lights
- Follow too closely
- Change lanes frequently and abruptly without notice
- Pass on the shoulder or unpaved portions of the roadway
- Leer at and/or threaten - verbally or through gestures

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| Instructional Topic | Content | Slide |
|-------------------------------|---|--|
| ◆ True Stories (Cont.) | <p>In the Virginia suburbs of Washington, D.C., Narkey Terry and Billy Canipe, both 26, began dueling in their cars as they drove up the George Washington Parkway. Traveling at speeds of up to 80 mph, the cars crossed the median of the parkway and hit two oncoming vehicles. Only one of the four drivers involved in the crash survived; Narkey Terry was sentenced to 10 years in prison for his role in the incident</p> <p>A 23-year-old Indiana University student attacked a university maintenance worker with a hatchet after the two argued about the student's car being parked in a service drive</p> | |
| ◆ Who are Aggressive Drivers? | <p>There is no one profile of the "aggressive driver"</p> <ul style="list-style-type: none"> The majority of aggressive drivers are relatively young and poorly educated males who have criminal records, history of violence, and drug or alcohol problems <ul style="list-style-type: none"> ... Many of these individuals have recently suffered an emotional or professional setback, such as losing a job or a girlfriend, going through a divorce, or having something taken from them <p>Some aggressive drivers are people who snap and commit incredible acts of violence</p> <ul style="list-style-type: none"> They might be successful men and women with no known histories of crime, violence, or alcohol and drug abuse <ul style="list-style-type: none"> ... When the media interview the friends and neighbors of these individuals, they hear that "he is the nicest man," "a wonderful father," or "she must have been provoked" Today's aggressive drivers could be male (as is usually the case), or female, young (usually), or old, educated or uneducated, rich or poor Celebrities are not immune: In California, Oscar winner Jack Nicholson believed that the driver of a Mercedes-Benz cut him off in traffic <ul style="list-style-type: none"> ... The 57-year-old actor grabbed a golf club, stepped out of his car at a red light, and repeatedly struck the windshield and roof of the Mercedes | <p>T17-5</p> <p>T17-6</p> <p>T17-7</p> |

Student Learning Activities

Resources



Who are the Aggressive Drivers?

- No one profile of the aggressive driver
- The majority are relatively young, relatively poorly educated males who have criminal records, histories of violence, and drug or alcohol problems
- May have suffered an emotional or professional setback
- People who snap and commit incredible acts of violence

M17 Aggressive - 8
last 100

Who are the Aggressive Drivers?

- Successful men and women with no known histories of crime, violence, or alcohol and drug abuse
- Friends and neighbors of these individuals, say "he is the nicest man," "a wonderful father," or "she must have been provoked"
- Could be male (as is usually the case), or female, young (usually), or old, educated or uneducated, rich or poor

M17 Aggressive - 8
last 100

Who are the Aggressive Drivers?



- Aggression can be sparked by trivial events
"He stole my parking space"
"She cut me off"
- It is often the cumulative result of a series of stressors in the motorist's life
- It's often "the straw that broke the camel's back"

M17 Aggressive - 7
last 100

M17

| Instructional Topic | Content | Slide |
|--|--|--------|
| <p>◆ Who are Aggressive Drivers? (Cont.)</p> | <p>Although they can be sparked by trivial events — "He stole my parking space," "She cut me off" — violent traffic disputes are rarely the result of a single incident but rather are in reality the cumulative result of a series of stressors in the motorist's life</p> <ul style="list-style-type: none"> • The traffic incident that turns violent is often "the straw that broke the camel's back" • As with most human behavior, there is a stated and unstated, a conscious and unconscious motivation for most traffic disputes <p>When drivers develop poor driving habits, other drivers can become annoyed, frustrated or angry</p> | T17-8 |
| <p>◆ Risky Driving Habits that can Cause Aggression by Others</p> | <p>Driver errors that lead to aggressive driving include</p> <ul style="list-style-type: none"> • passing traffic on the right shoulder of the road • blocking traffic by driving slow in the outside lane • failing to yield to faster traffic by moving to the right • pressuring others by tailgating • passing then cutting back sharply in front of the other driver • not yielding to pedestrians • not coming to a complete stop at stop signs • running red lights • driving through a yellow light • failing to follow right-of-way rules • driving 10 miles below the speed limit when conditions don't warrant slow speeds • speeding • failing to use turn signals • reducing a gap to prevent others to enter • failing to reduce high beams with oncoming drivers • flashing high beams to the driver in front • long blasts of the horn • weaving in and out of traffic lanes at high speed • returning inappropriate gestures to other drivers • driving in high occupancy vehicle (HOV) lanes to pass others • talking on a cell phone and drifting within the lane or driving too slow • using more space in a parking area that prevents others from using a parking space • letting the car door hit cars parked along side • taking a parking space that someone else has been waiting for • using loud music that can be heard for long distances • eating while driving • stopping in the road to talk with someone outside the vehicle • failing to turn right on red when conditions warrant turning • drag racing • making rude gestures | T17-9 |
| | | T17-10 |
| | | T17-11 |
| | | T17-12 |

Student Learning Activities

Resources



Poor Driving Habits that Lead to Aggression

Actions that annoy, frustrate or make other drivers angry

- Passing traffic on the right shoulder of the road
- Blocking traffic by driving slow in the outside lane
- Failing to yield to faster traffic by moving to the right
- Pressuring others by tailgating
- Passing then cutting back in sharply in front of the other driver
- Not yielding to pedestrians and bicyclists



M17 Aggressive - 8
April 2005

Poor Driving Habits that Lead to Aggression

Actions that annoy, frustrate or make other drivers angry

- Not coming to a complete stop at stop signs
- Running red lights
- Driving through a yellow light
- Failing to follow right-of-way rules
- Driving 10 miles below the speed limit when conditions don't warrant slow speeds
- Speeding
- Failing to use turn signals



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April 2005

Poor Driving Habits that Lead to Aggression

Actions that annoy, frustrate or make other drivers angry

- Reducing a gap to prevent others from entering
- Failing to reduce high beams with oncoming drivers
- Flashing high beams to the driver in front
- Long blasts of the horn
- Weaving in and out of traffic lanes at high speed
- Returning inappropriate gestures to other drivers



M17 Aggressive - 10
April 2005

Poor Driving Habits that Lead to Aggression

Actions that annoy, frustrate or make other drivers angry

- Driving in HOV lanes to pass others
- Talking on a cell phone and drifting within the lane or driving too slow
- Using more space in a parking area that prevents others from using a parking space
- Letting the car door hit cars parked along side
- Taking a parking space that someone else has been waiting for



M17 Aggressive - 11
April 2005

Poor Driving Habits that Lead to Aggression

Actions that annoy, frustrate or make other drivers angry

- Using loud music that can be heard for long distances
- Eating while driving
- Stopping in the road to talk with someone outside the vehicle
- Failing to turn right on red when conditions warrant turning
- Drag racing
- Making rude gestures



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April 2005

M17

| Instructional Topic | Content | Slide |
|--|---|--------|
| ◆ Three Types of Aggressive Drivers | <p>There are three types of aggressive drivers</p> <ol style="list-style-type: none"> 1. The quiet road rage driver <ul style="list-style-type: none"> • Complainer, rushing, competing, resisting • Brakes suddenly to scare a tailgater • Exceeds speed limit by more than 10 mph • Cruises in the passing lane • Criticizes other drivers | T17-13 |
| | <ol style="list-style-type: none"> 2. The verbal road rage driver <ul style="list-style-type: none"> • Yelling, cussing, staring, honking, insulting • Constantly ridiculing and criticizing other drivers to self or passengers • Closes the gap to deny entry • Giving the “look” • Speeding past another vehicle, revving the engine | T17-14 |
| | <ol style="list-style-type: none"> 3. The road rage driver <ul style="list-style-type: none"> • Cutting off, blocking, chasing, fighting, shooting • Carries a weapon — just in case • Deliberately bumps or rams another vehicle • Tries to run a vehicle off the road to punish • Tries to run someone down • Will get out of a vehicle to beat or batter someone • Has thoughts of killing | T17-15 |
| | <p>Drivers that escalate minor driving situations into full-blown road rage have negative attitudes about others</p> <ul style="list-style-type: none"> • They want to retaliate against others • They want to injure other roadway users • They have no regard for the feelings and rights of other users • They believe their rage is caused by others • They do not accept criticism of their own driving behavior • They disregard the comfort and safety of passengers | T17-16 |
| | <p>Drivers may fantasize or have irrational actions</p> <ul style="list-style-type: none"> • Believes the vehicle hides them from other drivers so no one can see them • Thinks others are out to get him • Critical about the other driver’s appearance or their vehicle • Thoughts of violence against others • Believes their driving is not part of the problem • Doesn’t observe laws they don’t agree with | T17-17 |
| | <p>The common thread when drivers get into an altercation is traffic congestion</p> <ul style="list-style-type: none"> • Frustration is not contained and drivers demonstrate their frustration | T17-18 |

Student Learning Activities

Resources



The Three Types of Aggressive Drivers

1. The quiet road rage driver

- Complaining, rushing, competing, resisting
- Brakes suddenly to scare a tailgater
- Exceeds speed limits by more than 10 mph
- Cruises in the passing lane
- Criticizes other drivers



M17 Aggressive - 11
April 1996

The Three Types of Aggressive Drivers

2. The verbal road rage driver

- Yelling, cursing, staring, honking, insulting
- Constantly ridiculing and criticizing other drivers to self or passengers
- Closes the gap to deny entry
- Giving the "look"
- Speeding past another vehicle, revving the engine



M17 Aggressive - 14
April 1996

The Three Types of Aggressive Drivers

3. The epic road rage driver

- Cutting off, blocking, chasing, fighting, shooting
- Carries a weapon — just in case
- Deliberately bumps or rams another vehicle
- Tries to run a vehicle off the road to punish
- Tries to run someone down
- Will get out of a vehicle to beat or batter someone
- Has thoughts of killing



M17 Aggressive - 16
April 1996

The Road Rage Driver

Drivers that escalate minor driving situations into full-blown road rage have negative attitudes about others

- Want to retaliate against others
- Wants to injure other roadway users
- Has no regard for the feelings and rights of other users
- Believes rage is caused by others
- Does not accept criticism of his own driving behavior
- Disregards the comfort and safety of passengers



M17 Aggressive - 18
April 1996

Fantasies and Irrational Actions

- Believes the vehicle hides you from other drivers so no one can see you
- Thinks others are out to get him
- Critical about the other driver's appearance or their vehicle
- Thoughts of violence against others
- Believes their driving is not part of the problem
- Doesn't observe laws they don't agree with



M17 Aggressive - 17
April 1996

Traffic Congestion Leads to Frustration

- The common thread when drivers get into an altercation is traffic congestion
- Frustration is not contained and drivers demonstrate their frustration



M17 Aggressive - 19
April 1996

M17

| Instructional Topic | Content | Slide |
|---|--|---|
| ANXIETIES LEADING TO DANGEROUS DRIVING BEHAVIORS | <p>Anxieties that lead a driver to aggression or rage</p> <p>“I’m going to be late if I don’t hurry up”</p> <p>“Why is traffic going so slow?”</p> <p>“I’ll never make it”</p> <p>“If only I had gone a little faster, I could’ve made it”</p> <p>“Oh no! Red light”</p> <p>“All of these cars are trying to squeeze in!”</p> <p>“Ha! I’ll speed up and show him a lesson!”</p> <p>“Everyone else is speeding”</p> | <p>T17-19</p> <p>T17-20</p> <p>T17-21</p> |
| <p>◆ What is Anger?</p> | <p>Anger is a feeling of displeasure or hostility</p> <ul style="list-style-type: none"> • It’s a normal, healthy emotion, just like any other feeling <p>Anger has several components</p> <ul style="list-style-type: none"> • Psychological—This is the emotional component, how you feel, such as sadness, disappointment or frustration • Physiological—This is how the body responds to anger, such as muscle tension or an increase in heart rate and blood pressure as the body releases adrenaline — the fight-or-flight hormone • Cognitive—This is what a person thinks as anger, such as acknowledging that it’s OK to be frustrated, or, on the other end, thinking that the world is out to get him or that his friend “never” does what you ask <p>In essence, anger is a warning bell that tells a person something is wrong in a situation</p> <ul style="list-style-type: none"> • It’s a natural response to perceived threats • Being angry isn’t always a bad thing • It can prevent others from taking advantage • It can motivate people to change societal issues • How people handle anger can be a problem | <p>T17-22</p> <p>T17-23</p> |
| <p>◆ How can Anger be Managed?</p> | <p>Learn how to express anger with reasonable and rational discussions</p> <ul style="list-style-type: none"> • It’s the difference between talking or picking up a baseball bat and hitting someone <p>Expressing anger in an assertive—not an aggressive—manner is the healthiest approach to handling anger</p> <ul style="list-style-type: none"> • State concerns and needs clearly and directly, without hurting others or trying to exert power over them • Inappropriate expression of anger can be harmful to good health • Angry people can suffer from headaches, lack of sleep, high blood pressure and digestion problems | <p>T17-24</p> <p>T17-25</p> |


Student Learning Activities

Resources



How can Anger be Managed?

- State your concerns and needs without hurting other
- Inappropriate expression of anger can be harmful to good health
- Anger can cause headaches, lack of sleep, high blood pressure and digestion problems
- Stress and hostility related to anger can lead to a heart attack
- Out-of-control anger is a learned behavior that needs to be unlearned
- Practice anger management techniques
- Walk away until calmed down
- Remember everyone wants to be treated fairly



OPI

M17 Aggressive - 24
last 1996

How can Anger be Managed?

- Treat others the way you would like to be treated
- Agree to disagree
- Learn to control emotions
- Show tolerance
- Be forgiving




OPI

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last 1996

Anxieties Leading to Dangerous Driving Behaviors


- "I'm going to be late if I don't hurry up"
- "Why is traffic going so slow?"
- "I'll never make it"
- "If only I had gone a little faster, I could've made it"
- "Oh no! Red light"
- "All of these cars are trying to squeeze in!"
- "Ha! I'll speed up and show him a lesson!"
- "Everyone else is speeding"



OPI

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last 1996

Anxieties Leading to Dangerous Driving Behaviors




OPI

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last 1996

What is Anger?

- Anger is a feeling of displeasure or hostility
- It's a normal, healthy emotion, just like any other feeling




OPI

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last 1996

Anger is Emotion, a Body Response, a Thought

- Emotion** — How you feel, such as sadness, disappointment or frustration
- Body responds** to anger, with muscle tension or an increase in heart rate and blood pressure as the body releases adrenaline — the fight-or-flight hormone
- What a person thinks about anger** can acknowledge that it's OK to be frustrated, or, on the other end, think that the world is out to get them or that friends "never" do what you ask




OPI

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last 1996

Anger is Emotion, a Body Response, a Thought

- Anger is a warning bell that tells a person something is wrong in a situation
- It's a natural response to perceived threats
- Being angry isn't always a bad thing
- It can prevent others from taking advantage
- It can motivate people to change societal issues
- The problem is how people handle anger



OPI

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last 1996

M17

| Instructional Topic | Content | Slide |
|--|--|--------|
| <p>◆ How can Anger be Managed? (Cont.)</p> | <ul style="list-style-type: none"> Studies have shown that stress and hostility related to anger can lead to a heart attack <p>Out-of-control anger is a learned behavior that needs to be unlearned</p> <ul style="list-style-type: none"> Anger management techniques can be practiced <ul style="list-style-type: none"> ... Walk away until calmed down ... Remember everyone wants to be treated fairly ... Treat others the way you would like to be treated ... Agree to disagree Learn to control emotions <ul style="list-style-type: none"> ... Show tolerance ... Be forgiving | T17-26 |
| <p>◆ Debate the Behavior</p> | <p>Organize two groups for a debate</p> <ul style="list-style-type: none"> One group will develop aggressive behaviors for the scenario below and debate why the aggressive actions are ok The other group will develop positive behaviors to avoid the aggressive driver and debate why the positive behaviors are ok <p>Scenario</p> <p>The speed limit is 45 mph. You are traveling at 45 mph. Out of your rearview mirror you see a driver approaching, speeding and passing others quickly until the car is behind you and tailgates so close you can't even see the headlights in your rearview mirror. The driver starts flashing their headlights and raising a fist. What do you do?</p> | |
| <p>STRATEGIES TO REDUCE CONFLICTS</p> | <p>When dealing with an aggressive driver</p> <ul style="list-style-type: none"> Don't respond Don't make eye contact—if a hostile motorist tries to pick a fight, do not make eye contact <ul style="list-style-type: none"> ... This can be seen as a challenging gesture and incite the other driver to violence ... Instead, get out of the way but do not acknowledge the other driver ... If a motorist pursues you, do not go home—drive to a police station, convenience store, or other location where you can get help and there will be witnesses Don't up the ante Swallow your pride Choose the road "less traveled" | |

Student Learning Activities

Resources



STRATEGIES TO REDUCE CONFLICTS

- Don't respond
- Don't make eye contact with hostile drivers
- Instead, get out of the way but do not acknowledge the other driver
- If a motorist pursues you, do not go home—drive to a police station, convenience store, or other location where you can get help and there will be witnesses
- Don't up the ante
- Swallow your pride
- Choose the road "less traveled"

M17 Aggressive - 28
5/01/00

| Instructional Topic | Slide | Content |
|---|--|---------|
| ◆ Reduced Risk Habits to Prevent Others from Becoming Aggressive | | T17-27 |
| | Lane blocking <ul style="list-style-type: none"> • Don't block the passing lane • Stay out of the far left lane and yield to the right for any vehicle that wants to overtake you • If someone demands to pass, allow them to do so | T17-28 |
| | Tailgating Maintain a safe distance from the vehicle in front of you Dozens of deadly traffic altercations began when one driver tailgated another | T17-29 |
| | Signal <ul style="list-style-type: none"> • Don't switch lanes without first signaling your intention, checking blind spots and making sure you don't cut someone off when you move over • After you've made the maneuver, turn your signal off | T17-30 |
| | Gestures <ul style="list-style-type: none"> • You are playing Russian roulette if you raise a middle finger to another driver • Obscene gestures have gotten people shot, stabbed, or beaten in every state | T17-31 |
| | Horn <ul style="list-style-type: none"> • Use the horn sparingly • If you must get someone's attention in a non-emergency situation, tap your horn lightly • Think twice before using your horn to say "hello" to a passing pedestrian; the driver in front of you may think you are honking at him • Don't blow your horn at the driver in front of you the second the light turns green ... If a stressed-out motorist is on edge, the noise may set him off ... Scores of shootings began with a driver honking the horn | T17-32 |
| | Failure to turn <ul style="list-style-type: none"> • In most areas right-hand turns are allowed after a stop at a red light • Avoid the right-hand lane if you are not turning right | T17-33 |
| | Parking <ul style="list-style-type: none"> • Do not take more than one parking space and do not park in a handicapped parking space if you are not handicapped • Don't allow your door to strike an adjacent parked vehicle • When parallel parking, do not tap the other vehicles with your own • Look before backing up | T17-34 |
| | Headlights <ul style="list-style-type: none"> • Keep headlights on low beam, except where unlighted conditions require the use of high beams • Dim the headlights for oncoming traffic; don't retaliate to oncoming high beams with your own in order to "teach them a lesson" • Don't approach a vehicle from the rear with high beams and dim your lights as soon as a passing vehicle is alongside | |

Student Learning Activities

Resources



Reduced Risk Habits to Prevent Others from becoming Aggressive

Failure to turn

- In most areas right-hand turns are allowed after a stop at a red light
- Avoid the right-hand lane if you are not turning right

M17 Aggressive - 22
last 9th

Reduced Risk Habits to Prevent Others from becoming Aggressive

Parking

- Do not take more than one parking space
- Do not park in a handicapped parking space if you are not handicapped
- Don't allow your door to strike an adjacent parked vehicle
- When parallel parking, do not tap the other vehicles with your own
- Look before backing up

M17 Aggressive - 23
last 9th

Reduced Risk Habits to Prevent Others from becoming Aggressive

Headlights

- Keep headlights on low beam, except where conditions require high beams
- Dim the headlights for oncoming traffic
- Don't retaliate to oncoming high beams with your own in order to "teach them a lesson"
- Don't approach a vehicle from the rear with high beams — dim your lights as soon as a passing vehicle is alongside

M17 Aggressive - 24
last 9th

Reduced Risk Habits to Prevent Others from becoming Aggressive

Lane blocking

- Don't block the passing lane
- Stay out of the far left lane and yield to the right for any vehicle that wants to overtake you
- If someone demands to pass, allow them to do so

M17 Aggressive - 25
last 9th

Reduced Risk Habits to Prevent Others from becoming Aggressive

Tailgating

- Maintain a safe distance from the vehicle in front of you
- Dozens of deadly traffic alterations began when one driver tailgated another

M17 Aggressive - 26
last 9th

Reduced Risk Habits to Prevent Others from becoming Aggressive

Signal

- Don't switch lanes without first signaling your intention, check blind spots, and make sure you don't cut someone off when you move over
- After you've made the maneuver, turn your signal off

M17 Aggressive - 27
last 9th

Reduced Risk Habits to Prevent Others from becoming Aggressive

Gestures

- You are playing Russian roulette if you raise a middle finger to another driver
- Obscene gestures have gotten people shot, stabbed, or beaten in every state

M17 Aggressive - 28
last 9th

Reduced Risk Habits to Prevent Others from Becoming Aggressive

Horn

- Use the horn sparingly
 - If you must—tap your horn lightly
 - Think twice before using your horn to say "hello" to a passing pedestrian
 - Don't blow your horn at the driver in front of you the second the light turns green
- If a stressed-out motorist is on edge, the noise may set him off. Scores of shootings began with a driver honking the horn.

M17 Aggressive - 31
last 9th

M17

| Instructional Topic | Content | Slide |
|---|--|--------|
| ◆ Reduced Risk Habits to Prevent Others from Becoming Aggressive (Cont.) | Merging <ul style="list-style-type: none"> When traffic permits, move out of the right-hand acceleration lane of a freeway to allow vehicles to enter from the on-ramps | T17-35 |
| | Blocking traffic <ul style="list-style-type: none"> If pulling a trailer or driving a cumbersome vehicle that impedes traffic behind you, pull over at the first opportunity so that motorists behind can pass Do not block the road to talk with a pedestrian on the sidewalk Dozens of shootings suggest that this behavior irritates a lot of people | T17-36 |
| | Cell phones <ul style="list-style-type: none"> Don't let the cell phone become a distraction—keep your eyes and attention on the road Cell phones can be great for security but bad for safety Cell phone users are widely perceived as being poor drivers and as being a traffic hazard Data clearly shows that aggressive drivers hate fender-benders with motorists who were talking on the cell phone | T17-37 |
| | Alarms <ul style="list-style-type: none"> If the vehicle is equipped with an antitheft alarm, know how to turn it off When buying an alarm, select one that turns off after a short period of time | T17-38 |
| | Displays <ul style="list-style-type: none"> Confederate flags on vehicles are not a good idea Refrain from showing any type of bumper sticker or slogan that could be offensive | T17-39 |
| | Eye Contact with Aggressive Drivers <ul style="list-style-type: none"> If a hostile motorist tries to pick a fight, do not make eye contact | T17-40 |
| ◆ Reduce Stress | Reduce Stress <ul style="list-style-type: none"> Traffic stress—indeed, anger in general—is hazardous to your health The stress from road congestion is a major contributing factor to violent traffic disputes Making a few simple changes in the way you approach driving can significantly reduce the stress level Smile when letting drivers into your lane | T17-41 |
| | Consider altering your schedule <ul style="list-style-type: none"> Avoid the worst congestion Allow plenty of time to eliminate a need to speed, beat traffic lights, or roll through stop signs Think—is it really the end of the world if you are a bit late? ... Could the day be planned to leave a little earlier? | T17-42 |

Student Learning Activities

Resources



Reduced Risk Habits to Prevent Others from becoming Aggressive

Eye Contact with Aggressive Drivers

- One word - Don't

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Consider Altering your Schedule

- Avoid the worst congestion
- Allow plenty of time so you don't have a need to speed, beat traffic lights, or roll through stop signs
- Think — is it really the end of the world if you are a bit late?
- Could you plan your day to leave a little earlier?

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Reduce Stress

- Traffic stress, indeed, anger in general, is hazardous to your health
- Stress from road congestion is a major contributing factor to violent traffic disputes
- Making a few simple changes in the way you approach driving can significantly lower your stress level
- Smile when letting drivers into your lane

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Reduced Risk Habits to Prevent Others from becoming Aggressive

Merging

- When traffic permits, move out of the right-hand acceleration lane of a freeway to allow vehicles to enter from the on-ramps

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Reduced Risk Habits to Prevent Others from becoming Aggressive

Blocking traffic

- If pulling a trailer or driving a cumbersome vehicle that impedes traffic behind you, pull over at the first opportunity so that motorists behind can pass
- Do not block the road to talk with a pedestrian on the sidewalk
- Dozens of shootings suggest that this behavior irritates a lot of people

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Reduced Risk Habits to Prevent Others from becoming Aggressive

Cell phones

- Don't let the cell phone become a distraction—keep your eyes and attention on the road
- Cell phones can be great for security but bad for safety
- Cell phone users are widely perceived as being poor drivers and as being a traffic hazard

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Reduced Risk Habits to Prevent Others from becoming Aggressive

Alarms

- If the vehicle is equipped with an antitheft alarm, know how to turn it off
- When buying an alarm, select one that turns off after a short period of time

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Reduced Risk Habits to Prevent Others from becoming Aggressive

Displays

- Confederate flags on pickup trucks are not a good idea
- Refrain from showing any type of bumper sticker or slogan that could be offensive

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| Instructional Topic | Content | Slide |
|--------------------------------|--|--------|
| ◆ Reduce Stress (Cont.) | Improve the comfort of your vehicle <ul style="list-style-type: none"> • Use the air conditioner • Listen to light music that reduces anxiety; avoid anger-inducing talk radio, for example. • Use a pillow or seat cover to make your seat more comfortable | T17-43 |
| | Concentrate on being relaxed <ul style="list-style-type: none"> • Don't clench your teeth • Loosen the grip on the wheel • Take a deep breath • Do limited exercises and stretches for the arms and legs | T17-44 |
| | Don't drive when you are angry, upset, or overtired <ul style="list-style-type: none"> • Know that you can't control the traffic but you <i>can</i> control your reaction to it | T17-45 |
| | Chill Out <ul style="list-style-type: none"> • Keep your cool | T17-46 |
| ◆ Adjust Attitude | Adjust Attitude <ul style="list-style-type: none"> • Give the other driver the benefit of the doubt • Assume that other drivers' mistakes are not intentional and are not personal • Be polite and courteous, even if the other driver isn't; it's better to err on the side of caution • Before reacting to another driver's mistake, ask yourself, "How many times have I made the same mistake?" • Before initiating or responding violently to a traffic situation, ask yourself, "Is it worth being paralyzed or killed?" | T17-47 |
| | <ul style="list-style-type: none"> Is it worth the time and money for a lawsuit? Is it worth a jail sentence?" • Remember, split-second impulsive actions can ruin the rest of your life • Encased in metal armor, many motorists who are normally passive become enraged road warriors when they get behind the wheel—don't become one of them | T17-48 |
| | <ul style="list-style-type: none"> • Avoid any conflict if possible ... If challenged, take a deep breath and get out of the way, even if you are right—you don't want to be dead right • Instead, try being more forgiving and tolerant • Keep your sense of humor • Recognize the absurdity of traffic disputes and focus on what is really important in life | T17-49 |

Student Learning Activities

Resources



Improve the Comfort of your Vehicle

- Use the air conditioner
- Listen to light music that reduces anxiety; avoid anger-inducing talk radio, for example
- Use a pillow or seat cover to make your seat more comfortable

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Concentrate on being Relaxed

- Don't clench your teeth
- Loosen the grip on the wheel
- Take a deep breath
- Do limited exercises and stretches for the arms and legs

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Concentrate on being Relaxed

- Don't drive when you are angry, upset, or overtired
- Know that you can't control the traffic but you can control your reaction to it

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Concentrate on being Relaxed

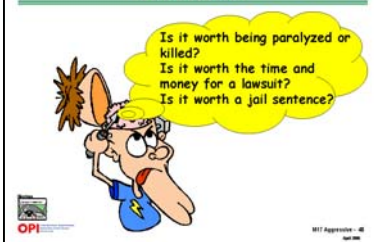
• Chill Out

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Adjust Attitude

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Adjust Attitude

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Adjust Attitude

- Remember, split-second impulsive actions can ruin the rest of your life
- Don't become an aggressive driver
- Avoid any conflict if possible
- If challenged, take a deep breath and get out of the way, even if you are right — you don't want to be dead right
- Try being more forgiving and tolerant
- Keep your sense of humor

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M17

| Instructional Topic | Content | Slide |
|--|--|--------|
| <p>◆ Adjust Attitude</p> <p>ASSIGNMENT</p> <p>ASSESSMENT</p> | <p>You cannot fight every battle</p> <ul style="list-style-type: none"> • Save your energy—and your life—for something worthwhile • Enjoy the drive, the scenery, and the controlled movements in driving • Enjoy a feeling of good will towards other road users • Experience a relaxed good feeling during driving • Perform random acts of kindness <p>One study had success with a method to ward off anger by using a “SORRY” sign</p> <ul style="list-style-type: none"> • Many drivers actually smile when they receive the “SORRY” message | T17-50 |

Student Learning Activities**Resources****Adjust Attitude**

- Recognize the absurdity of traffic disputes and focus on what is really important in life
- Enjoy the drive, the scenery, and the controlled movements in driving
- Enjoy sentiments of good will towards other road users
- Experience a relaxed good feeling during driving
- Perform random acts of kindness

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sept 06